

Bulletin #20 January 30, 2024

Important Dates:

January 31: Report Cards / Semester 2 starts

February 6: TA classes resume

February 9: No Classes for Grades 8&9

February 12: NSS Bikeathon Registration Opens
(Bikeathon will be on May 10th from 7am-7pm)

February 14: Valentine's Day Dress Up Day - Red, White, Pink, Hearts

February 20&21: No Classes for Grades 8&9

February 22&23: Teachers' Convention

February 28: Pink Shirt Day

Staffing Updates:

Please stop by the front office to say farewell to the lovely **Ms. Hubbard** who will be retiring on Friday, February 2nd. Please also welcome **Ms. Mayer** who has joined our Administration team.

We are pleased to announce that **Ms. Katsimihis** has agreed to join NSS for another semester; she will continue teaching Mathematics. **Mr. Brzezinski** has joined our Grade 8 team and will be teaching Math and Science while **Ms. Spencer** is on maternity leave.

GRAD CLASS OF 2024:

Can all grade 12s please ensure they have **accepted** the invitation for **NSS Class of 2024** on google classroom? This will be our main form of communication so please check google classroom regularly for information and announcements.

Our **FIRST GRAD MEETING** will be **Wednesday, February 6th at lunch** in Ms. Biegler's room 121 (if we fit) or the student area.

CALM (Career And Life Management):

Grade 10-12 Students: **CALM is a required course to graduate!!!** If you have NOT taken it and you have some space in your schedule next semester, see Mrs. Kilbreath in the student area to register to take this online next semester.

2024 Bikeathon:

Congrats to Sara W. who is the winner of the 2024 Bikeathon Logo Design contest! Sara's artwork will appear on all of our Bikeathon t-shirts, posters, and advertising for our May 10th event. Lots of Bikeathon information to follow in TA next week! Stay tuned!



Prestige Photography Scholarship for 2024

GRADS:

Tell Prestige Photography what your grad photos mean to you for a chance to receive one of three \$1,000 scholarships toward your academic or career goals. Simply submit your application and a one-page essay by January 31, 2024 to qualify.

[APPLY NOW!!](#)



National Sport School

Suite 110, 151 Canada Olympic Road S.W., Calgary AB T3B 6B7
t | 403-777-7329 nss_main_office@pallisersd.ab.ca

NSS Yearbooks:

Get yours today and preserve the unique experience of some of your most precious years! You can order online through SchoolCash or pay with cash or cheque at the office.

US College Expo:

This is an amazing opportunity for students who are interested in pursuing higher education in the United States. The US College Expo 2024 is a one-day event in Toronto & Calgary where you can meet with special guests and representatives from US colleges, gather information about their programs, and get answers to your questions about the admissions process. The US College Expo will feature a wealth of information, guest speakers, and opportunities to engage with representatives from various US colleges. It's an event tailored to empower students as they navigate the exciting path toward higher education. Don't miss this chance to learn about your options for studying in the US and to have some fun while doing it! Register now for free at <https://uscollegeexpo.com/register> and we'll see you at the US College Expo.

Sunday, April 28, 2024

11:00AM - 2:00PM

Arts Commons

Gap Year Expo:

Not sure what you want to do after grad? Would you love the opportunity to travel, build your resume, or start a business before university, but not sure how to take the first step?

Join the Canadian Gap Year Association at their upcoming Gap Year Expo on Sunday, January 28th.

CanGap offers a safe space for students and families to learn about the gap year pathway, how to decide on taking a gap year, and how to make the most of your intentional break from formal studies.

During the expo, you'll get the opportunity to chat with gap year experts, gap year alum, and leaders from diverse gap year programs across Canada.

Register at cangap.ca/expo.

Education USA Webinar Schedule:

Finance your Studies

Wednesday, February 7, 5-6 pm ET

[REGISTER HERE.](#)

Join EducationUSA for a review of typical costs associated with studying in the USA and the different types of financial aid (scholarships, grants, loans, employment, talent scholarships, and athletic scholarships) that you may be eligible for.

Inclusion and Accessibility on U.S. College Campuses

Wednesday, March 6, 5-6 pm ET

[REGISTER HERE.](#) Join EducationUSA and a panel of U.S. university representatives to learn more about accessibility and inclusion on their campus, including initiatives, resources, centres, and more.

CIHA Winter Classic:

Congratulations to the U17 CIHA Prep team who took home the GOLD at their Winter Classic Tournament last weekend.



CIHA U18 game:

Feb 3 @ 4:15am Edge: CIHA U18 vs Pacific Coast

Garden Cafe Specials for NSS Students:

Please note there is no additional student discount on these items.

Monday	Burger & Fries	\$9.95
	Veggie Burger & Fries	\$10.25
Tuesday	Taco in a bag - Doritos, beef, lettuce, cheese, sour cream, salsa	\$6.50
	Tacos - 6" tortillas (2), beef, lettuce, cheese, sour cream, salsa	\$7.50
Wednesday	Chicken Fingers & Fries	\$10.50
	Chicken Caesar Wrap	\$10.00
Thursday	Hog Dog & Fries	\$7.25
	Small Chicken Power Bowl	\$9.50

Student Successes:

Congratulations to Cambie S. and Grace L. who won a silver medal this past weekend at the Mountain Regionals Synchro Skating Championships. They qualified their team to skate nationally at Canada Cup in Ontario in February.

Congratulations to Charley S. who took 1st place in the Slopestyle and 2nd in Halfpipe at Provincials this weekend.





NATIONAL SPORT SCHOOL

2024-2025 ATHLETIC SEASON

BCI is an innovative, physician-led, performance medicine program founded on over two decades of research and clinical experience. We use cutting-edge technology and advanced techniques to objectively assess and rehabilitate multiple neurological systems and brain processes typically impacted by concussion (i.e., sensory, motor, cognitive, visual, vestibular, balance, neck strength, autonomic nervous system, etc.). We are revolutionizing the way concussion is assessed, managed, and prevented using data-driven outcomes from our innovative applied research stream.

We have a state-of-the-art 3,500 square-foot inter-disciplinary **Performance Medicine & Neuro-Rehabilitation Clinic** at WinSport's Markin MacPhail Centre. Our high-performance team members are leaders in their respective fields servicing Canadian Olympic, National, Provincial and several elite community sport associations (i.e., sport-medicine physicians, athletic therapists, exercise physiologists, kinesiologists, neuro-optometrists, physiotherapists, registered sport psychologist, sport dietitians, sport scientists, vestibular therapists, vision therapists, experienced clinical technicians). We are also a proud member of the NHL-NHLPA second medical opinion list.

Our comprehensive multi-modal neurological assessment services include:

- Traditional Sport-Related Concussion Clinical assessment tools
- Sensorimotor function using Robotic Technology
- Cognitive function
- Balance / Postural Stability
- Autonomic Nervous System function
- Vestibular, Visual Acuity and Dynamic Vision Function
- Isometric and Dynamic Neck Strength

Our comprehensive performance & neuro-rehabilitation services include:

- Cervical (neck) rehabilitation
- Craniosacral therapy
- Individualized Post-Concussion Exercise Prescription
- Performance Physiotherapy for other targeted sport-related injuries
- Broad range of psychology related services
- Sport Nutrition
- Vision therapy and sport vision training
- Vestibular therapy
- Proactive multi-modal neuro-performance enhancement / prevention programs



Performance Medicine Clinic Attributes

- Affordable comprehensive pricing for an entire athletic season with team/club/sport association and family member discounts
- All-inclusive **baseline and post-concussion** neurological assessments using cutting-edge technology and novel techniques that are not covered under basic Alberta Healthcare Service plans
- On-line, password protected baseline appointment scheduling with "help-line" telephone support
- Direct timely access to our physicians, performance medicine clinical team and services without a referral
- Regular clinical follow-up throughout the athlete's return to health and performance journey
- Written clinical updates for coaches and/or team therapists
- Form filling & physician medical clearance letter to return to unrestricted sport participation
- Assessment & management of **any suspected concussion as well as other acute sport-related injuries** sustained during the season quarter-backed by an experienced sport medicine physician and leading team of high-performance rehabilitation specialists.
- Opportunity to participate in BCI's cutting-edge research projects

2024-2025 Season Opportunity

- **if you are a skier, snowboarder, or ice hockey player looking to improve your athletic performance and reduce your risk of sustaining a concussion and/or lower body injury.** you have the opportunity to participate in a **two-month, pre-season high-performance training program**. This project is supported by Mitacs, Own the Podium, Canadian Sport Institute (CSI) Calgary, BCI and generous philanthropic donors so will be **no cost to you**.
- if you are interested, please contact us at 587-391-9840 by March 31, 2024 and we'll get you set up.

Subscription Program Information

- 2024-2025 Athletic Season
- Our insight tells us that no two athletes are the same. BCI's pre-season baseline multi-modal neurologic assessment fosters a **precision medicine** paradigm by assisting our clinical team to tailor medical decisions and management strategies to the unique characteristics of each athlete.
- If an acute sport-related concussion or other sport-related injury is suspected/sustained, your athlete (or parent/team therapist/coach) merely calls the BCI Performance Medicine Clinic where they will be triaged and expeditiously booked to see a Sport Medicine Physician. Athletes will be comprehensively assessed, managed, and followed regularly in clinic through recovery and return to sport.

Cost:

- \$250 per athlete + GST
 - includes all the above baseline, post-concussion, and other acute sport-related injury assessments for an entire athletic season at no additional cost



- if an athlete has coexisting and/or confounding factors that may or may not reflect ongoing physiological injury to the brain (e.g., neck injury, oculovestibular injury, exercise intolerance, anxiety, depression, etc.), the consulting physician may recommend targeted management strategies to specifically address the primary and secondary factors contributing to their symptoms (e.g., neck rehab, vestibular therapy, vision therapy, exercise prescription, psychology services, etc.).
 - many of these rehabilitation services are **not covered** under basic Alberta Healthcare Service plans, nor the BCI Subscription Program, and thus additional costs may apply if the athlete / family chooses to utilize such services.

Location & Telephone

- BCI's Performance Medicine and Rehabilitation Clinic is located at WinSport's Markin MacPhail Centre, #150, 147 Canada Olympic Road SW, Calgary, AB, T3B 6B7; Telephone: 587-391-9840, Website: www.bciconcussion.ca.